

HIT-THE-TRAIL MIXES



INGREDIENTS:

Peanuts
Raisins
Chocolate Chips



CLOUDY

MAKES: As much as you like.

DIRECTIONS:

Mix Ideas:

- A. Rain Forest Munch:
Mix dried pineapple, dried papaya, unsweetened coconut flakes, macadamia nuts, cashews, and chocolate chips.
- B. Morning Sunburst:
Mix dried apples, pineapples, cranberries,

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and cherries, as well as banana chips and raisins.

Eating 1 cup of this will fulfill two out of the five daily minimum servings of fruits and vegetables.



Variety is the key to good trail mix! Try apricots, corn nuts, cereal, sesame seeds carob chips or mini pretzels - just to name a few...